

# Tulare County Employee Wellness Program

## Fitness “Get Moving”



### APRIL 2014 EVENTS

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> <u>Weight Watchers Meeting</u> Vis Gov’t Plaza—Week 9	<b>2</b>	<b>3</b> <u>Weight Watchers Meeting</u> HR&D—Week 10	<b>4</b>
<b>7</b> Healthy Tulare County Week —	<b>8</b> <u>Weight Watchers Meeting</u> Vis Gov’t Plaza—Week 10	<b>9</b> <u>Fitness Class</u> <i>“Get Moving at Your Desk”</i> Visalia Gov’t Plaza  <u>Webinar: “Staying Fit in the Workplace”</u> Anthem EAP	<b>10</b> <u>Onsite Cooking Class</u> <i>“Recipes for Healthy Meetings”</i> Visalia Gov’t Plaza  <u>Weight Watchers Meeting</u> HR&D—Week 11	<b>11</b>
<b>14</b>	<b>15</b> <u>Weight Watchers Meeting</u> Vis Gov’t Plaza—Week 11	<b>16</b>	<b>17</b> <u>Weight Watchers Meeting</u> HR&D End of 12-Week Program	<b>18</b>
<b>21</b>	<b>22</b> <u>Weight Watchers Meeting</u> Vis Gov’t Plaza End of 12-Week Program	<b>23</b> <u>Health Video:</u> <i>“For Better Health Stand Up!”</i> Kaiser Permanente	<b>24</b>	<b>25</b>

## Healthy Tulare County Week

### Onsite Class: "Get Moving At Your Desk"

**Body Effect Wellness** will demonstrate how resistance loops can be used while at your desk. Extra resistance loops will be provided for those that would like to participate in performing the exercises.

**April 9, 2014**

Visalia Gov't Plaza, 5959 S Mooney Blvd  
TCSO Personnel/Training Room  
11:15-12PM & 12:15-1PM

Sessions are free and open to all County Employees!  
<https://www.surveymonkey.com/s/WellnessClass>



### Onsite Class: "Recipes for Healthy Meetings"

Unhealthy food is abundantly available to Tulare County employees between the snacks available in vending machines located in our break rooms, the food brought in for potlucks and snacks provided at meetings. Do you struggle with finding healthy choices to bring in for snacks or potlucks? Come join us in for a free interactive cooking demonstration provided by **Delta Team Care**.

**April 10, 2014**

Visalia Gov't Plaza  
RMA Main Conference Room  
11:30-12PM & 12:30 PM-1PM

To register, click on the link:



<https://www.surveymonkey.com/s/COTHealthySnacksforWorkMeetingsApril2014>

## Webinars

### "Staying Fit in the Workplace"

Can't seem to find the time to fit exercise into your daily schedule? This workshop looks at the benefits of fitness and exercise. You'll learn how to enjoy exercise at home, work and when you travel.

**April 9, 2014** Time: **12-1 PM**

Early registration is recommended.

To register, click on the link below:

<https://workplaceoptions.webex.com/workplaceoptions/onstage/g.php?t=a&d=715635236>

### "For Better Health Stand Up"

Did you know that sitting all day could be harmful to your health? New research shows that prolonged sitting can increase the risk of developing cardiovascular disease. Learn about the long-term effects of sitting or standing all day, and what you can do to reduce the risk.

**April 23, 2014**

Video is available for viewing between 8AM-5PM

To watch, click the Link Below:

[http://mydoctor.kaiserpermanente.org/ncal/mdo/presentation/common/healthToolPage.jsp?path=healthtool\\_781061.xml](http://mydoctor.kaiserpermanente.org/ncal/mdo/presentation/common/healthToolPage.jsp?path=healthtool_781061.xml)

## Coming in May

### Walking Works! Challenge (May 5-9)



## NEW! SoloHealth Stations



SoloHealth Stations are here! Our benefits carrier, Anthem Blue Cross, has teamed up with a leading health care technology company to bring us the SoloHealth Station®. The SoloHealth Station is an interactive, self-service kiosk that gives you access to free health screenings. It lets you check your blood pressure, weight and eyesight at work - and takes less than 10 minutes to complete.

The SoloHealth Station can also:

- Give you an overall health assessment.
- Recommend ways you can improve your health.
- Send your screening results to your email.
- Track your results.



Now you can take charge of your health, and you don't even have to leave the office! Three SoloHealth Stations are available to County Employees at:

**Human Resources & Development,**  
2900 W Burrel, Visalia, Located in the Lobby

**Government Plaza**  
5959 S Mooney Blvd, Visalia  
Located on 2nd Floor Hallway Area  
by Grand Jury Room

**Visalia Child Support**  
8040 W Doe Ave, Visalia,  
Located in East Training Room